



# HUT!

Edition # 1 February 2019

**Renew your membership for 2019 season!**

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## The Outdoor Adventure Show

Drop by OMCKRA’s booth.  
Meet Race Organizers!

FEBRUARY 22, 23 & 24, 2019  
INTERNATIONAL CENTRE  
Hall 5, 6900 Airport Rd  
Mississauga, ON  
[outdooradventureshow.ca](http://outdooradventureshow.ca)



**Canadian Marathon Canoe Championships**  
**In Ontario**  
**One more time!**





## 2019 Executive

**Marathon Canoe Racing Council (MCRC) Rep**  
Darryl Bohm

**Canoe Kayak Ontario (CKO) Reps:**  
Karen Bender, Oliver McMillan,  
Don Stoneman, Kim Snell,

### OMCKRA board

**Race Secretary**  
Paula Loranger  
racesec@omckra.com

**Recording Secretary**  
Mike Hayes  
sec@omckra.com

**Treasurer, Membership**  
Kim Snell  
admin@omckra.com

**Acting President**  
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**Past President**  
Don Stoneman  
pastprez@omckra.com

**Member at Large**  
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# President's Message

Christine Archer resigned as president of OMCKRA in December. Oliver Mcmillan is now Acting President. The board wishes Christine well in new endeavors (she is going back to school among other things) and some of us in fact, are somewhat jealous.

Christine and family moved to the Georgian Bay area from south of Kitchener, just before school started. A new house is being built. All four kids (not to mention husband) are involved in numerous things, plus enjoying the luxuries of living up here (Skiing and snowboarding, fishing, hiking etc).

The crunch hit in December, on a week when everybody was busy with school

concerts, but there was still OMCKRA work to be done before Christmas.

"I felt like I was not meeting the expectations for being president." On top of that all, Christine started back to school in January, taking three courses online. OMCKRA "is a huge passion of mine. I talk about it all the time up here. I had some good thoughts and ideas for this year." Christine has offered to sit on some special committees and notes that there used to be a canoe race on the Nottawasaga River. Could a revival be in the works?



### Women With paddles committee— you in?

**Goal:** To increase the number of females participating in the sport of marathon canoe and kayak racing. More women in boats and on SUPs boards. **Strategy:** Start a committee of women who are interested in working on this. **Tactic:** Committee identify things that hinder women from taking part in Marathon paddling activities and come up with initiatives to support more involvement. Christine Archer says she's in. Who else?

If you are interested in being on this committee contact: [info@omckra.com](mailto:info@omckra.com)



### Karen Bender new Marathon Rep on CKO board

OMCKRA member and Marathon paddler Karen Bender has agreed to take a sub-committee role as one of the four OMCKRA reps, replacing Christine, on the Canoe Kayak Ontario (CKO) board. This is a crucial area for OMCKRA as the fees we pay to CKO result in the insurance and access to funding which supports our Marathon events, clubs and members. Welcome and thank you for stepping up to the plate Karen!

### Acting President Oliver McMillan will be at OMCKRA Adventure Show booth

Feb. 22 to 24, 2019. International Centre - Hall 5 - 6900 Airport Road, Mississauga, Ontario L4V 1E8

Last year OMCKRA shared with canoe builder H2O. This year, with OMCKRA Race Organizers representing their races, we will have our own booth at the Toronto Adventure Show. OMCKRA acquired a 10X20 booth. Oliver has plans for a racing canoe to be on display along with a paddling machine and a video. There may even be demos in the paddling pool in that area of the show. **The goal?** To promote and grow marathon canoe kayak and SUP racing in the largest market in Ontario by having a booth at the largest outdoor adventure show in Canada.



# Canadian Marathon Nationals 2018—REPORT

**HOW WE MEASURED SUCCESS:** We measured the success of the project by the **number of athletes and associations/regions** they were coming from. We looked for the number of **racing classes** participated in and for examples of **youth, Indigenous, women and local** participation. For the **legacy** portion we looked for a program being established in Marathon Canoe technique, coaches trained and club member participation in both the event and the legacy program. We also looked for counts coming out the Sudbury area and participating in other provincial Marathon canoe racing events. We conducted a **survey** of SCC members, OMCKRA members and in the general Sudbury area to determine if the event raised the profile of SCC and of marathon paddle racing. The survey also asked participants how they viewed the event and future programming and events. In addition, we looked at the impact this project had on the **relationships** between associations and other groups. These included aboriginal groups, OMCKRA, SCC, provincial Marathon associations (especially BC and Quebec), as well as the Belize Canoe Association.

## RESULTS

**NUMBERS:** There were over 98 participants from seven (7) regions i.e. British Columbia, Saskatchewan, Manitoba, Ontario, Quebec, Nova Scotia and Belize. These included 23 women, 7 members of indigenous groups and 17 participants from the local community. The youngest participant was 7 and the oldest 75. Participants entered multiple events over the weekend. There were 35 event classes including marathon C1 and C2 canoes, K1, K2, Standup, Recreational canoe, Outrigger, North Canoe and Rabaska.

**LEGACY:** Participants in the 2018 Canadian Marathon Nationals expressed great enthusiasm to attend Nationals in Sudbury if held there in future. SCC and OMCKRA learned and are planning to use this learning to host again in Sudbury in 2019. In addition, SCC and OMCKRA are working together to develop a 'Race in a Box' as an unexpected but welcome outcome to be used at future Nationals elsewhere. Three NCCP Marathon Coaches, boats, paddles and other equipment and a marathon paddle technique program are now at SCC thanks to this project. An unexpected and welcome outcome so soon after the program was established was an increase in athletes from the Sudbury area attending and doing well in a other Marathon canoe racing events in the 2018 season.

**SURVEY:** A Survey comprised of 10 questions was sent out to approximately 800 people including event participants, OMCKRA and SCC members, marathon racing association members in BC, Sask., MB, ON, NS, QC the United States and Belize. There has been an impressive 25% response rate and results are still coming in with many positive suggestions on what was done well and ideas for the 2019 event.

**RELATIONSHIP AND COMMUNITY GROWTH:** As a result of this project three athletes from Belize went on to participate in the signature 'Triple Crown' Marathon Canoe event of 'La Classique' in Quebec and then to the PanAm Game Sprint Trials held in Nova Scotia. Rapport was bolstered with the ACRQ and ACCQ of Quebec Marathon, such that they recently rejoined the national Marathon Canoe Racing Council (MCRC) of Canoe Kayak Canada (CKC). There are also much closer ties with the other provincial marathon canoe racing associations with a trip planned to BC for sharing programming activities.

Some of these were unforeseen positive outcomes but are recognized as very significant to Marathon Canoe Racing in Ontario and Canada We are very proud of our part in this and thankful to the province of Ontario for the support in making it possible.



AUG  
24  
TO AUG 25

The clearest testament of the project's success is that Ontario has won hosting of the

## 2019 Canadian Marathon Canoe Championships

### August 24 and 25, 2019 in Sudbury

[.sudburycanoeclubon.com/events/](https://www.sudburycanoeclubon.com/events/)

Survey on **Canadian Marathon Nationals**—again in Ontario **Aug 24 to 25, 2019 in Sudbury**

Fill in survey and give your email address before Jan 30 to be in the **draw for a Salus PFD**

If you have filled out the survey already thank you. If you didn't see it and want to tell us what you think (and possibly win that PFD) here is a link to the survey .

<https://www.surveymonkey.com/r/JK2NCP7>

## Member updates



Go paddling on Lake Huron late December and you are bound to get attention. OMCKRA member Nicole Doyon did exactly that when she took her surf ski on big waters on a day when most were sitting by the fire.

### Dragan injured at work....

While working at Pearson airport in early January, OMCKRA member, face on our banner and flag and Toronto paddler (and electrician) Dragan Olajdzija fell 10 feet, suffering a brain injury and has since undergone surgery. He was first treated at a hospital in Mississauga and is back and forth on recovery. Paddling community friends are sending updates on his progress and we have Dragan and his family in our thoughts as he recovers from this.



### FOR SALE

Canoes and equipment owned by the late Wayne Gregory. Located in Brampton.

**Savage River JD-Pro C2**, graphite. Purchased new around 2012 and not used much. Asking **\$3,000**.

**Canoe trailer**. Holds four canoes. Asking **\$1,000**.

Email Pam Gregory at [gre8@rogers.com](mailto:gre8@rogers.com) for more information.

Aaron Hutchings, Vice Commodore of Sudbury Canoe Club (SCC) writes he has 20-some **performance T's** from the Nationals last year being sold through the SCC online store. <http://www.sudburycanoecubon.com/shoppe/>

Mention the Promo Code "OMCKRA" for **\$10 off** the Nationals T's (sorry discount doesn't apply to other items in the store)

# OMCKRA's Coach Development Program (CDP)

*The Objective of OMCKRA's Coach Development Program (CDP) is to build the strength of Marathon coaching in Ontario*

## Our A, B, C Strategy

### Accreditation Strategy

related goals for 2019

- 90% of coaches certified
- 75% of coaches using the locker
- 2 female coaches trained
- 90% coaches update 1st aid, CPR

### Building Blocks Strategy

related goals in 2019

- buoys, technical CDs to coaches
- update manual for coaches
- gap analysis for purchasing training boats

### Collaboration Strategy

related goals in 2019

- coaches corner on website
- one or more coach meetings
- provide reports of meetings to other coaches

## Achievements in 2018, goals for 2019

This last year in 2018 OMCKRA subsidized the costs of and arranged for 16 new NCCP Marathon coaches to be trained. Some of these coaches have already completed their online Making Ethical Choices (MED) courses and been evaluated by a Marathon Learning Facilitator

and are either close to obtaining or have obtained certification. Five coaches have been supplied with training buoys, boats were loaned to the new Marathon paddler program established through OMCKRA's work on the Canadian Nationals and the grant we obtained from the Ministry of

Tourism, Culture and Sport . A coaches meeting was held in the morning of the AGM with Coach Ryan leading. For 2019 our goal is to ensure trained coaches complete certification, provide more material support to coaches and establish a coaches corner on the website.

## Coaches trained in 2018

Paul	Adams	Whitby
Sue	Adams	Whitby
David	Ahong	Sudbury
Darryl	Bohm	Mississauga
Kathy	Clarke	Oakville
Michael	Creamer	Dorval
Huw	David	Oakville
Dianne	Gauvin	Burlington
Trevor	Gayton-Laing	Ohsweken
Robert	Gregoris	Sudbury
Jordan	Hotta	Sudbury
Keir	Johnston	Sarnia
Thomas	Lantz	Hamilton
Oliver James	McMillan	London
Wendy	Perkins	Oakville
Ildy	Tettero	Oakville

## Coaches trained before 2018

Gord	Cole	Parry Sound
Mike	Devine	Washago
Gwyn	Hayman	London
Sharilyn	Johnston	Sarnia
Carlyn	Johnston	Adelaide-Metcalf
Mike	Kennedy	Uxbridge
Chris	Near	Huntsville
Frank	Stepien	London
Ryan	Stepka	Chelsea
Don	Stoneman	Cambridge
Jacob	Van Dorp	Wiarnton
Bob	Vincent	Dorchester



## 2019 Provincial Marathon Canoe Championships

Marathon canoe, kayak, SUP, outrigger, recreational classes.  
All welcome in these races—check websites.

C2 Pro Mixed , C2 Stock Mixed

### Kawartha Paddle Quest

Peterborough

June 22, 2019

[kawarthapaddlequest.com](http://kawarthapaddlequest.com)



C1 USCA, C1 Stock, HPK (K1)

### North of 7 River Run

Bancroft

July 6 & 7, 2019

[North7RiverRun.com](http://North7RiverRun.com)

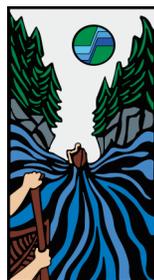


C2 Pro Men, C2 Pro Women  
C2 Stock Men, C2 Stock Women

### Mattawa River Race

North Bay July 27, 2019

[mattawarivercanoerace.ca](http://mattawarivercanoerace.ca)



## Jessica Rando

Jessica Rando had a baby in late December, 2017. On the last weekend of July, seven months later, Jessica became the first woman to finish crossing the lake in the OMCKRA sanctioned event

### Lake Ontario Crossing

32 miles across Lake Ontario in 6:55...and, oh yes... Jessica beat all the soloing guys on SUP.

It was big year for Jessica.

**NIAGARA2TORONTO**  
32-MILE PADDLEBOARD RACE

[niagara2toronto.ca](http://niagara2toronto.ca)



### Lake Ontario Crossing

Niagara/Toronto

July 27 or 28, 2019

[niagara2toronto@gmail.com](mailto:niagara2toronto@gmail.com)

[niagara2toronto.ca](http://niagara2toronto.ca)

[facebook.com/Niagara2Toronto/](https://facebook.com/Niagara2Toronto/)

[omckra.com/races-schedule/](http://omckra.com/races-schedule/)

Ontario Marathon races

# Tentative Marathon Race Schedule 2019

Tentative dates for Ontario Marathon races are in the table below. The OMCKRA race support committee is receiving sanction request and EAP documents from Race Organizers and will meet early February to review. Keep checking the OMCKRA website for confirmation of dates and that sanction has been approved.

In the meantime lots of work is already being done by the race support committee members, website support and the Race Organizers, be it set up of websites and registration flows or preparing for the Outdoor Adventure Show.

[omckra.com/races-schedule/](http://omckra.com/races-schedule/)

Tentative dates and list of OMCKRA races (pending sanctioning)

## Join the race support committee!!

This committee meets 4 or 5 times from Feb to May to review race description document and Emergency Action Plans (EAP) from Race Organizers (RO). Committee members give feedback and support to RO and follow up after each race for counts and day fees. We have four on the committee now and are looking for a fifth—it's a great way to be a part of what most defines OMCKRA and give back to the community while learning more about the supports OMCKRA provides.

Interested? [info@omckra.com](mailto:info@omckra.com)

6-Apr	Thames River Classic	Ingersoll
13-Apr	Upper Jock River Race	Ottawa
28-Apr	Sydenham River Race (recognized)	Alvinston
5-May	That Dam Hespeler Race	Cambridge
11-May	High Water Run Race	Kirkland Lake
18-May	Marsh Mash Canoe Race	Bradford
1-Jun	Canoe The Nonquon	Port Perry
1-Jun	Saugeen Paddlers Day	Paisley
8-Jun	Ottawa to Montebello Interprovincial	Ottawa
15 & 16-Jun	AO The OX	Huntsville
22-Jun	Kawartha Paddle Quest	Peterborough
23-Jun	Sudbury Fitness Challenge	Sudbury
6-Jul	North of 7 River Run	Bancroft
20-Jul	Kingston to Ottawa (K20)	Kingston/Smith Falls
27-Jul	Lake Ontario Crossing	Niagara/Toronto
27-Jul	Mattawa River Canoe Race	North Bay
17-Aug	Wai Nui Why Not Race	Mississauga
24 & 25-Aug	Nationals (Sudbury)	Sudbury
13 to 15-Sep	Muskoka River X	Huntsville
21-Sep	Ottawa River Paddle Challenge (ORPC)	Ottawa
12-Oct	Great Muskoka Paddling Experience	Bracebridge

A Race Organizers meeting was held in November prior to the OMCKRA AGM and those attending expressed a desire for OMCKRA to host a booth at the Outdoor Adventure Show in Feb 22-24 where Race Organizers could let people know about their events as well as a way to highlight Marathon paddling in Ontario.

OMCKRA and Acting President Oliver McMillan have made it so. Please say hi if you are at the show.



Hmmm.....

The word "swims" upside-down is still "swims".

Marathoner's try not to be upside down but if they are..... I guess ....they swim .....

# THE GREAT MUSKOKA PADDLING EXPERIENCE

A fun racing experience for canoes, kayaks & SUPs for all levels of participants

# GMPE 'a go' for 2019

Saturday 12th of October, 2019 (Thanksgiving Weekend)

Sandy (aka Charles) Schofield, of "Pat and Sandy" Great Muskoka Paddling Experience (GMPE) organizer fame, had surgery in Sunnybrook Hospital on Jan. 23 to remove a substantial-sized tumour from his abdomen. He wrote from his hospital bed the next day to say that the surgery was successful. He and Pat are going ahead with the 2019 race, after a year's hiatus in 2018 GMPE in 2019 "it is a go as far as I am concerned." Sandy wrote. Paddling is questionable for this year as the tumour affected his back muscles. Sandy is ever optimistic. "It's a 2020 challenge! Bring it on!" [muskokapaddlingexperience.com](http://muskokapaddlingexperience.com)



GMPE credits to photographers: Joan & Tom Forbes, Charles Schofield, Kate Oldham

# OMCKRA Membership Application/Renewal Form (coverage to March 31)

Membership may be paid by

- ◇ **e.transfer** from your bank to [omckra@gmail.com](mailto:omckra@gmail.com)
- ◇ **cheque** made out to OMCKRA mailed to: Membership c/o 87 Queen Street East, Cambridge ON N3C 2A9
- ◇ **credit card** at: [raceroster.com/memberships/3947/omckra](http://raceroster.com/memberships/3947/omckra)



**RACE ROSTER** Registering in Race Roster (RR) makes it easier to get discounts on races in RR

Fill out this form below and include with payment if using cheque or cash. Don't mail cash .

Name :	
Address:	
Residence Phone:	
Cell Phone:	
E-Mail Address:	

<b>Fee schedule</b> for members of OMCKRA	Enter Fee [C\$]	Date of Birth (dd/mm/yyyy)	What do you race? C, K, Rec., OC, etc.
Individual/Race Organizer (per race)	(\$50)		
Full Time Student or <18 yr. as of Jan. 1	(\$40)		
Child <20 yr. as of Jan 1 with parent (maximum 4 adults ) Parent apply & provide family info	(\$70)	list ages below	

<b>List Family Paddler Names</b>	Date of Birth (dd/mm/yyyy)	What do you race? C, K, Rec., OC, etc.

As a Member of OMCKRA, I agree to follow the OMCKRA code of conduct, to behave in a sporting way, with a sense of fair play and to follow the rules and directions of the Organizers of OMCKRA Sanctioned or Recognized Events. I hereby waive and release any and all claims against Ontario Marathon Canoe Kayak Racing Association (OMCKRA) and its directors, volunteers and staff, for any and all damages or injuries arising out of participation in any events or activities by me and/or my dependents and/or my guests. I hereby grant for the minors listed above, as their parent or legal guardian, permission to participate in OMCKRA sanctioned events and activities.

**Signature:** \_\_\_\_\_

Members receive annual meeting notices and newsletters via e-mail, are eligible to vote, are covered for insurance in OMCKRA sanctioned events and may apply to participate in provincial and national awards competitions. Personal information collected by OMCKRA is used to provide services to our members. These services require administrative responsibilities such as documentation of insured events and instructor registration. A limited information membership list (names and city) is provided to race organizers for insurance purposes. Private information is never given to anyone by OMCKRA for other reasons. People registering for OMCKRA coaching or who have taken part in an insured event may receive membership information from OMCKRA in the next calendar year.

For office use Card provided: \_\_\_\_\_ DB updated: \_\_\_\_\_